

# Educational & Developmental Intervention Services (EDIS)

Volume I, Issue 10

October 2011

## What we offer:

- Free developmental screening and evaluation for children under 3
- Comprehensive developmental screening at well-child visits with Pediatrics at the Hospital
- Therapeutic intervention for children under 3 who have delays in gross motor, fine motor, self-help, social-emotional, cognition, and/or communication skills
- Services delivered at the EDIS clinic, family home, or at the child's day-care
- Resources for parents and children
- Developmental playgroup for toddlers and parents
- Monthly newsletter
- Yoga for children with special needs

## Our staff:

- **Conchita Cuvillo-Martinez del Cerro**, Secretary
- **Heather Snyder**, Speech/Language Pathologist
- **Marjorie Stefan**, Occupational Therapist
- **Christina Odeh**, Physical Therapist
- **Deb Reed**, Early Intervention Specialist

## Contact us:

The EDIS Clinic is located in Building 1741 in Las Palmeras Housing at the corner of Alicante and Pontevedra  
Phone: 727-4029

## Talking about People with Disabilities

October is Disabilities Awareness Month. Everyday you reflect your attitudes and prejudices with the words you use to describe your environment and the people in your life. When interacting with co-workers, neighbors, or the public, it is important to be clear about the message you are conveying.

Historically, the words used to describe a person with a disability generally described a person of lesser worth. A person with a disability has historically been considered a burden.

Today, we recognize that people with disabilities are people first. In addition, the myths as-

sociated with disability are being dispelled. People with significant disabilities can make remarkable contributions to society. Think about Temple Grandin, Albert Einstein, Ludwig van Beethoven and Franklin Delano Roosevelt, to name just a few.

How we talk about people with disabilities and disabilities, in general, matters.

When speaking about someone with a disability, use nonjudgmental, emotionally neutral words that are accurate descriptions. *A person with a disability* is accurate. Words such as *victim*, *cripple*, *afflicted*,



and *invalid* are judgmental. So are the

words *abnormal* and *normal*. When talking about children, it is respectful to say *children with disabilities* and their *typically developing peers*.

*Sympathy* is something most individuals with disabilities would trade instantly for acceptance and respect.

If someone uses a wheelchair, they are a *wheelchair user*, not *wheelchair bound*.

A good rule of thumb is to consider each word and whether you would want it used to describe yourself.

## News from EDIS

We wish a fond farewell to EDIS physical therapist, Christina Odeh, who will be moving back to the US in mid October.

Christina has contributed so much in the two

years she has been in Rota. We have benefited from her clinical expertise and willingness to go above and beyond the call of duty. *Best of luck to you, Christina, Mike and family!*

## Is your child on track?

Monitor and stimulate your child's development by following the developmental milestone checklist posted at the Centers for Disease, Control and Prevention (CDC) Website. Look for *Milestones Moments Booklet*. Visit <http://www.cdc.gov/ncbddd/actearly/downloads.html>

## Negative Effects of Fast-Paced TV on Children's Learning

Young children who watch fast-paced, fantastical television shows may become handicapped in their readiness for learning, according to a new University of Virginia study published in the October issue of the journal *Pediatrics*.

U.Va. psychologists tested 4-year-old children immediately after they had watched nine minutes of the popular show "SpongeBob SquarePants" and found that their executive function -- the ability to pay attention, solve problems and moderate behavior -- had been severely compromised when compared to 4-year-olds who had either watched nine minutes of "Caillou," a slower-paced, realistic public tele-

vision show, or had spent nine minutes drawing.

"There was little difference on the tests between the drawing group and the group that watched 'Caillou,'" said the lead investigator.

The children in the study, whether they watched the television shows or drew, were tested immediately afterward for how well they solved problems and followed rules, remembered what they had been told, and were able to delay gratification.

Researchers speculated as to why there were differences. One possibility is that fast pacing and extreme fantasy may disrupt the

child's ability to concentrate immediately afterwards. Another possibility is that children identify with unfocused and frenetic characters, and then adopt their characteristics.

The researchers advise parents to consider the findings when making decisions as to which shows to allow their young children to watch.

"Parents should know that children who have just watched 'SpongeBob Squarepants,' or shows like it, might become compromised in their ability to learn and behave with self-control," she said.

## Eating Together May Help Children Try New Foods

Faye Powell, from Loughborough University and member of the British Psychological Society, observed over 75 families during mealtimes to determine the factors linked with the development of fussy eating behavior among children.

The results showed that friendly interaction between mother and child instead of coercive strategies,

like pressure and physical prompting, may encourage young children to try different foods.

These findings are the first stage of a longitudinal study. The children involved will be re-visited next year to see how different feeding practices impact on their eating behavior.



## Books about Life Events

Books are wonderful ways to prepare your child about upcoming changes, such as bringing home a new baby brother or sister, or moving to a new home. Thanks to an ever-growing body of literature for the very young, there are books about everything from potty training

and starting kindergarten, to more serious subjects such as divorce and hospitalizations. Reading about difficult subjects can help your child understand his or her own feelings, assure your



child that there are others in the world with the same problems, and show ways to manage the situation. Reading is often a good springboard for further conversation between you and your youngster.